



SPA

M E N U



ALIMOUNDA MARE
HOTEL
★★★★★

APIVITA

APIVITA, inspired by the philosophy of Hippocrates, Greek nature and the power of aromatherapy, has created the APIVITA SPA: A unique series of holistic, natural and effective treatments that combine APIVITA natural products with innovative treatments and special massage techniques that promise to inspire wellbeing to body and soul. In the protected environment of the spa, a place of tranquility and relaxation, we follow a holistic therapeutic approach that rejuvenates and stimulates the five senses. The unique spa experience can also be continued at home with the suitable APIVITA products.

NATURAL

In APIVITA SPA treatments we use the APIVITA natural products, which are based on organic essential oils, plant extracts and oils from organic cultivations, and pure honey products of Greek nature. APIVITA SPA treatments are inspired by traditional face and body treatments and incorporate ingredients from the Mediterranean diet to create a relaxing and rejuvenating natural experience. With up to 100% of natural ingredients, APIVITA products do not contain parabens, propylene glycol or silicones.

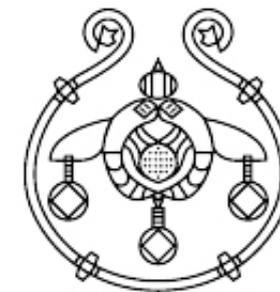
EFFECTIVE

With its 30 years experience in the domain of natural cosmetics, APIVITA possesses a deep knowledge and considerable expertise of Greek flora. The choice of natural ingredients is based on clinical studies that have proven their effectiveness. For example, in the queen bee treatment the royal jelly is trapped encapsulated in liposomes that delivers its active ingredients deeper into the Keratin layers of the skin. In the wine elixir treatment we use the power of red wine, which according to clinical studies reduces the surface of wrinkles by up to 77% and the number of wrinkles around the eyes by 71%. As

in nature, the active ingredients are appropriately combined to give complex compositions that maximize the action of the products. APIVITA SPA utilizes this knowledge, combined with aromatherapy and special massage techniques, to create remarkable therapies that give impressive and immediate visible results.

HOLISTIC

Based on the principles and philosophy of Hippocrates, APIVITA SPA treatments were designed to offer holistic care, rejuvenation and wellbeing. The holistic approach of APIVITA is based on the use of essential oils- the soul of plants. Essential oils are particularly effective as their scent positively affects the psyche and improves our mood, while they also nourish, moisturize and rejuvenate the skin in depth. APIVITA SPA offers a complete experience of relaxation and wellbeing for the body and soul, through its specialized treatments and massage techniques incorporated in the APIVITA signature massage, hot baths and use of essential oils.



APIVITA
NATURAL PRODUCTS

MEDITERRANEAN SKIN FOOD

A treatment based on the nourishing and antioxidant ingredients of the Mediterranean diet. The body requires a variety of daily nutrients and vitamins to maintain optimal health. Our skin needs a variety of elements to retain its beauty and natural glow. Mediterranean skin food offers complete care for every skin type and combines all the necessary steps for effective rejuvenation and renewal of the skin. Choose the suitable treatments for your skin type and personal needs from the Mediterranean "Menu" of APIVITA

- Cleansing and detoxifying with clay
- Deep face moisturizing with cucumber
- Glow with orange
- Nourishment with honey
- Oily skin balance with propolis
- Antioxidant protection with tomato
- Men's facial with calendula
- Rejuvenating eye treatment with ginkgo biloba

EXCLUSIVE FACE TREATMENTS

Express Mediterranean Skin Food

For those who want to enjoy immediate results with a short treatment this is an ideal solution. Can be combined with body treatments or massage.

Deep Face Detox

DETOXIFYING FACE TREATMENT WITH CLAY AND OLIVE GRAINS

Specialized face treatment for skin in need of deep cleansing. The treatment utilizes the beneficial detoxifying qualities of clay that help the skin to purify and remove excess sebum, pollutants and blackheads. Feel the rejuvenation offered by the exclusive lymphatic massage of APIVITA.

Wine Elixir

ANTI-AGEING FACE TREATMENT WITH RED WINE AND BEE WAX

The powerful antioxidant qualities of red wine and lupin make this anti-ageing face treatment, one of a kind. Resveratrol, the main active ingredient of red wine, naturally increases the production of collagen and reduces even deep wrinkles while lupin improves elasticity and restores the contours of the face.

Queen Bee Face

REJUVENATING AND FIRMING FACE TREATMENT WITH ROYAL JELLY AND HONEY

A "Royal treatment" is based on the beneficial properties of royal jelly and honey to restore and firm the skin. Royal jelly an elixir of life and youth that is rich in fatty acids, proteins, carbohydrates, vitamins and trace elements nourishes, regenerates, rejuvenates and restores the skin's vitality, while the honey moisturizes and softens. The essential oil of myrrh, known for its regenerative properties, strengthens the action of the treatment, while uplifting and stimulating the senses. The unique face massage activates selected energy points (acupressure points) and helps the regeneration and restoration of the skin.

Natural Thai Facial

RECOMMENDED FOR ALL SKIN TYPES AND ANY AGE GROUP

Use nature's intelligence to beautifully refresh your skin. The traditional Thai uses a blend of natural ingredients, cucumber, sesame, honey, milk, and almond and jojoba oils to cleanse, exfoliate and massage the skin. A wonderful hand massage, foot massage or scalp massage is offered while you are enjoying the facial mask made of natural ingredients. Leaves you feeling refreshed cleansed and balanced.

Men's Invigorating Facial

SPECIAL TREATMENT FOR MEN

Specially designed for the specific needs of male skin to the considerable daily shaving and is aggravated by pollution, smoking, and poor diet. Calendula oil, plants sedative and anti-inflammatory properties relieve the skin and tired muscles with are relaxing facial massage, neck and back. The treatment concludes with a deep and balanced clay mask. The skin rediscovers its youthful softness, health and vitality.

BODY TREATMENTS

Lipolysis

TREATMENT AGAINST CELLULITE AND LOCAL FAT WITH RED AND BLACK PEPPER

An exclusive innovation of APIVITA, this treatment with red and black pepper effectively improves the appearance of cellulite and combats local fat. The red and black pepper, together with seaweed and essential oils, contribute effectively to the process of lipolysis (fat loss) and the treatment of cellulite. The active ingredients, combined with cellulite massage, activate the lymphatic system to remove toxins and reduce water retention.

Algotherapy

BODY FIRING TREATMENT WITH SPIRULINA AND BITTER ORANGE

An intensive firming and anti-aging skin treatment. Natural, active ingredients such as spirulina, ivy extract, green tea and centella, together with natural action of essential oils, such as lemon and juniper, act collaboratively to restore firmness of the skin. The chief ingredient of the treatment is spirulina, which is rich in antioxidant ingredients such as vitamins B1 and B6, vitamin E, mineral and trace elements. All these active ingredients contribute to the protection of collagen and strengthen the elasticity of the skin. Algotherapy gives a visible improvement to the appearance and texture of the skin, especially after periods of dieting or pregnancy.

Queen Bee Body

REJUVENATING, RICH BODY TREATMENT WITH ROYAL JELLY AND HONEY

This unique treatment is an elixir of youth, designed exclusively to utilize the nourishing ingredients from the hive of APIVITA. The "Queen" of treatments is a complete care that has been inspired by the beneficial properties of royal jelly and honey. The honey, initially crystallized, exfoliates the body while at the same time moisturizes and softens the skin. The fresh

royal jelly nourishes, rejuvenates and restores glow and vitality to even the most demanding skin. This "sweet" treatment improves the texture of the skin as well as spiritual wellbeing.

Euphoria

DELICIOUS BODY TREATMENT WITH CHOCOLATE

There is no other more enjoyable experience than a body massage with the gentle touch of warm chocolate. This treatment with chocolate offers complete relaxation and absolute serenity to the senses, giving a feeling of euphoria. Black chocolate naturally activates the production of endorphins, which improves mood and gives a sense of wellbeing and relaxation. The high content of vitamins A and E nourishes the skin and cocoa butter acts as a natural softening agent that moisturizes the skin in depth. Tempt your senses and let yourself indulge in the sweet treatment of APIVITA.

Aloe Deep Hydration

DEEP BODY HYDRATION WITH ALOE AND FIG

Strengthen your skin's natural defenses with a treatment that deeply hydrates and balances skin moisture levels. The organic extracts of aloe and fig, together with the rich moisture of olive, jojoba and almond oil moisturize and nourish the skin, leaving it soft and smooth. Meanwhile, the cucumber mask rejuvenates and provides a feeling of freshness to the face, and the relaxing body massage revives you after a difficult day. An effective treatment for dry dehydrated skin, an ideal after extended sun exposure. Relieve your skin and senses with the absolute hydration by APIVITA.

MASSAGES SPECIAL MASSAGES

Aromatherapy Body Massage

Aromatherapy oils are used in synergy with essential oils in order to achieve optimum results, these active formulas supply the cells with all the essential elements they need to restore, rapidly and visibly, the natural balance of your skin. You can choose any of the APIVITA essential oils to suit your mood.

Vitality

A refreshing and toning blend that helps you focus your energy and enhance the vitality of the body and mind. Contains: essential oils of tea tree, palmarosa, eucalyptus, ylang ylang, and geranium.

Balance

An herbal remedy that has been used since ancient times that detoxifies the body, balance and restores the serenity. Contains: essential oils of thyme, cypress, sage, and geranium.

Peace

A healing and soothing blend that helps you to slowly ease away the stress in your mind, and release muscular tension leaving you totally at peace. Contains: essential oils of lavender, mandarin and basil.

Harmony

A relaxing blend that helps to bring harmony and tranquility to your mind and relaxes your body. Contains: essential oils of marjoram, lemon.

Swedish Massage

The original European full-body massage technique to relax aching muscles, stimulate the circulation and eliminate toxins so that you look great and feel even better.

Neck and Shoulders

This massage is located at the top of the body where there are a lot of tensions (headache, stress, anxiety). It will increase a better mobility of shoulders and neck and give you a lot of energy. This specific massage is recommended for anxious people.

Hot Stones Relaxing Massage

This relaxing massage tackles nervous tension with the application of hot stones. It is another way to feel the warmth and release the tensions all over the body. It is a holistic massage with benefits of warm relaxation.

Cold Stones Relaxing Massage

This is a massage where the therapist uses cold stones combined with specially blended massage oils. Slow relaxing movements together with the stones will treat your muscles and relax your senses.

Couples Massage

A unique experience when shared with your loved one. Your private spa suite allows you both to enjoy the sublime relaxation of therapeutic massage.

Slimming Massage

This massage helps to stimulate fat loss and cellulite, as well as reduces water retention. This special blend assists in losing weight.

Deep Tissue Massage

A massage that is extremely relaxing targeting tension all over the body. The therapist will perform a diversity of eclectic styles. Which use fingers, knuckles, thumbs, and elbows in a slow, deep fashion to relieve muscle tension.

NeuroMuscular Therapy

The basis of this therapy involves the application of various methods of treatment to areas of hyperirritability, which are the source of painful (usually referred pain) conditions in the soft tissue. The method serves to restore the structural, functional, and postural integrity of the body.



WAXING

Upper Lip wax

Eye Brow Shaping

Under Arm Wax

Bikini Wax

Half Leg Wax

Full Leg Wax

Back or Chest Wax

HANDS & FEET

Essential Hands Treatment

A well deserved pampering treatment for your hard working hands. This nurturing treatment starts with a warm compress and is followed with a luxurious jojoba exfoliation. A soothing massage will leave your hands feeling silky, smooth and soft. A blend of alluring fragrances such as lavender, geranium and lemon make this a wonderful experience.

Essential Feet Treatment

Transform your feet with our foot massage with the essence of peppermint, spearmint and lavender to soften and nourish the skin. Boosting your circulation relieving tired and swollen feet. You will leave walking on air.

FACILITIES & OTHER SERVICES

Salon

Gym

Hamam

Sauna

Jacuzzi

HOW TO SPA

Some people spa for relaxation .Others aim for silky skin. Some seek a deep personal transformation. Your time at Alimounda Mare Spa is personalized to your needs and desires. We're non-conformists; we love to do things differently and welcome the opportunity to make your journey as unique as possible. Our team will assist you in creating an individualized spa experience from any combination of treatments and rituals as well as catering to special requests for bespoke journeys. We are committed to creating an unforgettable spa experience and would greatly appreciate any comments you wish to share about your spa journey.

Before your treatment

We recommend that you arrive 15 to 30 minutes prior to your treatment to allow yourself time to relax and explore Sublime area and our calming surrounds.

Whilst we will always try to accommodate your treatments in full, we would hate for your treatment to be cut short due to your late arrival.

Spa Health

Please notify your therapist if you are pregnant, have high blood pressure, allergies or other known medical conditions which may affect your treatment. As a healing environment our priority is your wellbeing.

What to wear

Please wear whatever makes you feel comfortable. Upon arrival you will be provided with a personal locker complete with robe, towel and slippers. Swimwear for communal areas is required for Sublime heat and water experiences.

Emerald & Jade

Whilst lockers are provided for you, we recommend you leave all valuables in your room as we do not assume any liability for loss or damage of any kind.

A peace environment

Alimounda Mare Spa is a fresh and pure environment- free from environmental and noise pollution. Please help us to keep spa's serenity by refraining from smoking and turning off mobile phones before entering.

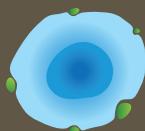
Cancellations

We understand that sometimes you may need to change your schedule. We kindly ask that you give us a minimum of 24 hours notice of a cancellation.

Appointments cancelled within 12 hours will incur a 50% cancellation fee. Appointments cancelled within 4 hours will incur a 100% cancellation fee.

Opening hours

Every day from 10 a.m. until 6 p.m.



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